

## SOCCER SYNERGY WINTER/FALL SESSION PARTICIPANT RESULTS

Athlete	Difference	10 yard	20 yard	40 yard	15 yard BP	20yd Shuttle	2ft Long Jump	2ft, 3 jump	Left leg single jump	Right leg single jump	Left leg 3 Jumps	Right leg 3 Jumps	Percent Gain	10 yard	20 yard	40 yard	15 yard BP	20yd Shuttle	2ft Long Jump	2ft, 3 jump	Left leg single jump	Right leg single jump	Left leg 3 Jumps	Right leg 3 Jumps
A		-0.35	-0.38	-0.54	-0.06	0.00	3	-3	-3	-2	-4	11		-18%	-12%	-9%	-2%	0%	4%	-1%	-5%	-3%	-2%	5%
B		-0.10	-0.28	-0.35	0.05	-0.50	0	12	4	-2	2	8		-5%	-9%	-6%	1%	-9%	0%	6%	7%	-3%	1%	4%
C		-0.29	-0.30	-0.40	-0.31									-14%	-9%	-7%	-9%							
D		-0.24	0.00	-0.20	0.20	0.10	3	6	4	5	15	3		-13%	0%	-4%	7%	2%	4%	2%	5%	8%	6%	1%
E		-0.66	-0.13	-0.03	-0.70	0.03	1	16	1	4	6	8		-26%	-4%	0%	-17%	1%	2%	8%	2%	7%	4%	5%
F		-0.12	-0.25	-0.54	-1.00		1	5	-3	8	-4	-8		-7%	-8%	-9%	-22%		1%	2%	-5%	14%	-2%	-4%
G		-0.20	-0.60	-0.49			6	23	3	4				-10%	-16%	-7%			10%	13%	5%	8%		
H		-0.25	-0.34	-0.30	-0.50	0.30	10	6	2	-2	2	-1		-13%	-10%	-5%	-13%	6%	16%	3%	3%	-3%	1%	-1%
I		-0.22	-0.25	-0.39	-0.53	0.30	10	46	12	13	25	32		-11%	-8%	-7%	-15%	6%	13%	21%	20%	21%	12%	17%
J		-0.08	-0.37	-0.20	-0.70		1	-23	2	3	0	4		-4%	-11%	-3%	-15%		2%	-11%	4%	5%	0%	2%
K		-0.38	-0.17	-0.14	0.12	-0.40	6	43	3	6	2	19		-18%	-5%	-2%	4%	-7%	8%	20%	5%	11%	1%	12%
L		-0.22	-0.18	-0.10			-14	-48	-4					-11%	-5%	-2%			-19%	-21%	-7%			
M		-0.09	-0.49	-0.40	-1.50		-1	-5	13	3	29	0		-5%	-15%	-7%	-32%		-1%	-2%	23%	5%	17%	0%
N		-0.22	-0.19	-0.14	-1.10	0.03	-4	14	-1	1	-14			-11%	-6%	-2%	-23%	1%	-6%	7%	-2%	2%	-8%	
O		-0.03	-0.35	-0.20	-1.10		3	8	4	1	25	16		-2%	-10%	-3%	-24%		4%	3%	7%	2%	13%	8%
P		-0.31	-0.32	-0.21	-0.90	-0.20	4	13	2	4	4	12		-17%	-10%	-4%	-23%	-4%	5%	6%	3%	6%	2%	6%
Q		-0.27	-0.44	-0.60			10	21	13	10				-14%	-13%	-10%			14%	10%	25%	18%		
R		-0.33	-0.34	-0.20	-0.72	-0.50	-1	-5	5	-1	17	16		-15%	-9%	-3%	-17%	-9%	-2%	-2%	10%	-2%	12%	11%

Negative numbers on speed tests show faster speed; positive numbers on jump tests show increased jump strength.  
 Yellow indicates area of performance where more than 10% improvement was gained during the session.